

BELL PEPPER “TACOS”



Avocados From  **Mexico** TM

◆◆◆ ALWAYS IN SEASON ◆◆◆

AvocadosFromMexico.com

BELL PEPPER "TACOS"

INGREDIENTS

- 2 medium Avocados From Mexico, diced
- 4 sweet bell peppers (2 green, 2 red), sliced in half length-wise
- 1 tbsp. 30% reduced-sodium taco seasoning
- 1 lb. ground beef (10% fat)
- 4 oz. (½ cup) sharp cheddar cheese, shredded
- 2 large tomatoes, chopped (or substitute with prepared salsa)
- ¼ cup cilantro, chopped
- ½ cup non-fat Greek yogurt (or use non-fat sour cream)

INSTRUCTIONS

1. Remove the seeds and membranes from the peppers and slice in half, length-wise.
2. Heat a large skillet over medium-high heat. Crumble ground beef into the hot skillet. Cook and stir until the beef is completely browned, 7 to 10 minutes. Drain and discard any excess grease.
3. Return ground beef to heat. Pour seasoning mixture and water over the beef; stir to combine. Bring to a simmer and cook until the moisture absorbs into the meat, about 5 minutes. Allow to cool 5-10 minutes prior to stuffing peppers.
4. Stuff peppers with cooked taco meat. Top stuffed peppers with avocados, shredded cheese, tomatoes, cilantro and a spoonful of sour cream. Serve and enjoy!

MAKES 8 SERVINGS

½ pepper = 1 serving

Bell Pepper Tacos

Calories: 260, Total Fat: 14g (Sat fat: 4g, Trans fat 0g) Cholesterol: 55mg, Sodium 270mg, Total Carbohydrate: 13g, Dietary Fiber: 3g, Sugar 6g, Protein: 3g